

**RUSHMOOR SYNCHRONISED SWIMMING CLUB
SCHEDULE FOR APRIL 2011**

For queries on this schedule please see Julie Andrews for team training and Simon Kearn for figure training issues.

Sat 2 Apr	Guildford Spectrum	13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land training 15/16/17 8.00 – 9.15 am Land training 9.30 – 10.45 am POOL 12U + Stage 2 9.15 – 10.00am Land training 10.00 – 10.30am Splits practice – Squash Court 10.45 – 12.00pm POOL	
	Garrison	6.00-9.00pm	All to attend
Sun 3 Apr	Land training Farnborough Pool	6.00-7.00pm 6.00-7.30pm 7.30-9.00pm 6.00-9.00pm	19U combo team 13/14 age group team 19U combo team 15+ age group team
Tues 5 Apr	Farnborough Pool	7.30-9.00pm	All to attend
Weds 6 Apr	Aldershot Pool	7.30-9.00pm	All to attend
Sat 9 Apr	Guildford Spectrum	13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land training 15/16/17 8.00 – 9.15 am Land training 9.30 – 10.45 am POOL 12U + Stage 2 9.15 – 10.00am Land training 10.00 – 10.30am Splits practice – Squash Court 10.45 – 12.00pm POOL	
	Land Training Farnborough Pool	6.00-7.00pm 6.00-7.30pm 7.30-9.00pm 6.00-9.00pm	13/14 age group 12U age group team 13/14 age group team 15+ age group team
Tues 12 Apr	Farnborough Pool	7.30-9.00pm	All to attend
Weds 13 Apr	Aldershot Pool	7.30-9.00pm	All to attend
Sat 16 Apr	Guildford Spectrum	13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land training 15/16/17 8.00 – 9.15 am Land training 9.30 – 10.45 am POOL 12U + Stage 2 9.15 – 10.00am Land training 10.00 – 10.30am Splits practice – Squash Court 10.45 – 12.00pm POOL	
	Garrison	6.00-9.00pm	All to attend
Sun 17 Apr	Land Training Farnborough Pool	6.00-7.00pm 6.00-7.30pm 7.30-9.00pm 6.00-9.00pm	12U age group 19U combo team 12U age group team 15+ age group
Tues 19 Apr	Farnborough Pool	7.30-9.00pm	All to attend
Weds 20 Mar	Aldershot Pool	7.30-9.00pm	All to attend

Sat 23 Apr	Guildford Spectrum	13/14 8.00 – 9.30 am POOL 10.00 15/16 8.00 9.30 12U 9.15 10.00 10.45	No Training – Easter Weekend Please remember that this is British Champs weekend and it would be great to see as many Rushmoor supporters as possible at this competition. It takes place at Gloucester and the final timetable will be sent out once it is known.
Sun 24 Apr	Land Training Farnborough Pool	6.00- 6.00- 7.30-9.00pm 6.00-9.00pm	150 Combo team 15+ age group team
Tues 26 Apr	Farnborough Pool	7.30-9.00pm	All to attend
Weds 27 Apr	Aldershot Pool	7.30-9.00pm	All to attend
Sat 30 Apr	Guildford Spectrum	13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land training 15/16/17 8.00 – 9.15 am Land training 9.30 – 10.45 am POOL 12U + Stage 2 9.15 – 10.00am Land training 10.00 – 10.30am Splits practice – Squash Court 10.45 – 12.00pm POOL	